

Woman's Realm :- Social and Personal :- Fashions :- Literature

The HOUSEWIFE and HER ACTIVITIES

TAKE JOY HOME.

Take joy home. And make a place in thy great heart for her. And give her time to grow, and cherish her; Then will she come, and oft will sing to thee. When thou art working in the furrows; aye, Or wedding in the sacred hour of dawn. It is a comely fashion to be glad; Joy is the grace we say to God. —Jean Ingelow.

A SICK ROOM TIP

Unless special orders from the doctor demand it, in almost all instances it is better to let the patient sleep when he can rather than wake him to administer medicine.

GREASE ON THE RUG

A paste of Fuller's earth and ammonia spread over grease spots on rugs and allowed to dry will take out the grease in a jiffy. Sweep the dry paste away with a broom or take it up in the vacuum cleaner.

IMMEDIATELY

If you have spilled something on your frock, remove the stain or spot as soon as possible, as allowing it to stay for a time only makes it more difficult to remove. An old stain frequently combines with the fiber and cannot be removed without serious injury to the material.

THE COOK'S CORNER

COCONUT PUFFS

2 egg whites
1 cup icing sugar
2 tablespoons cornstarch
6 tablespoons cocoa
2 cups coconut
Method: Beat the egg whites until stiff. Add the icing sugar, cornstarch and cocoa and continue beating until a meringue is formed. Fold in the coconut and drop by spoonfuls on a greased cookie sheet and bake in a slow, 325 deg. F., oven for about 20 to 25 minutes.

DREAM PUFFS WITH CHICKEN

1 cup water
1/2 cup shortening
1/4 teaspoon salt
1/2 cup sifted flour
1 large or 4 small eggs
Method: Add the shortening to the water and bring to a boil. Add the flour and salt and stir until the mixture leaves the side of the pan. Remove from the fire and cool. Add the eggs one at a time, beating thoroughly after each addition. Drop by spoonfuls into deep hot fat and fry until crisp and golden brown. Cool, split and fill with chicken a la king.

HUNGARIAN GOULASH

1 lb. shoulder of beef, cut into small cubes
1 cup canned tomatoes
1 green pepper, chopped
1/2 teaspoon pepper
1 teaspoon salt
1 medium potato, quartered
Method: Flour the meat and brown in plenty of hot melted butter. Turn into a Dutch oven or a heavy drop kettle. Add the tomatoes, green pepper, salt and pepper. Cover closely and cook slowly for about 2 hours. A half an hour before serving, add the potatoes which have been peeled and quartered. Cook until potatoes are tender.

SUPPER SALAD

2 cups cooked rice
1 cup peas drained
1/2 tablespoons chopped pimento
1/2 tablespoons chopped relish
1/2 tablespoons grated cheese
1/2 cup chopped celery
1 teaspoon salt
Method: Combine all ingredients. Dressing lightly with two forks. Add sufficient salad dressing to bind the ingredients together. Serve on lettuce with additional dressing and garnish with slices of ripe tomato.

WILL SAVE THE DAY

If you have salted the soup too much, cut slices of potatoes and place in the boiling soup for a few minutes. It still too salty, remove these potatoes and add more. Continue until the potatoes have absorbed the excess salt. The potatoes may be used later in some other way so this method of saving the soup is not a wasteful one.

DAINTY HANDS ARE ADMIRRED

"What do you notice first about a woman?" an inquiring reporter once asked twelve men. Four of them answered, "her hands." Which, if it does not prove that these are a woman's most important feature, at least emphasizes the fact that men do notice when spring winds have had their way with hands as well as faces.

The hands certainly have a good many problems to face in the course of a year. First, there are fewer oil glands on the backs of the hands than on the rest of the skin, and the palms have no oil glands at all and more sweat glands than almost anywhere else. Then there is the fact that we are always washing sometimes with harsh soap and water that is none too soft. Usually, we forget to dry thoroughly, and that's the worst of all.

You need a manicure once a week, and if your cuticle is very dry and stubborn you ought to have an oil soak. Wrap each finger in cotton and let them lie in warm oil for as long as possible. If the nails are brittle, use non-liquid polish for a while and buff the nails to a high gloss.

NATURAL POLISH

By the way, the smartest women now use natural polish for daytime wear and brighter colours for evening. It means changing your polish twice on days when you are going out, but it is worth it.

Constantly forcing dry cuticle back is responsible for many ragged edges and even hang nails. Better push it back only just after washing the hands, or after rubbing with oil, and then do it gently.

Did you know that tight gloves make red hands? And that a quart of milk a day because of the calcium, with sometimes make your nails less brittle?

A. Loomis advises all women to stretch their way to health and therefore to beauty. He thinks it an excellent idea to bend backwards and forwards from the waistline several times a day. As soon as one of his own glamorous pupils can touch the floor with her hands, meanwhile keeping knees, stiff, he directs her to stand on a thick book and try to touch the floor from this elevated position. He adds that bending exercises should be done each and every day, and warns against hit-or-miss exercises of any type.

A SIMPLE TRICK

"Flexibility improves circulation and digestion, two important factors of beauty. It keeps the flesh tight and firm-looking, and decreases nervous tension and strain. You know, of course, how nervous and uncomfortable you feel when your back and neck muscles are tense. Very well, then, the next time you can't sleep, concentrate or sit quietly, get up and stretch your spinal column and waistline muscles.

Stand with legs wide apart, hands held high above your head and, keeping knees stiff, bend to touch your left toes with your right hand, go back to the original position, then reverse making left hand touch right foot. Repeat twenty times.

Let your head fall forward on your chest and, keeping each muscle quiet and relaxed, turn your head slowly to the left as far as it will go, then to the right. Let it fall backward, open your mouth and, as you raise your head, close your mouth slowly. Repeat several times.

RAFFIA TRIMMING

Raffia edges coats—raffia makes a serviceable coat to hold powder box in pocket.

Happenings of the Week

Uncle David was too busy to come and Aunt Mary had the measles, but Princess Elizabeth had a good time at her birthday party Tuesday, just the same. Uncle David—King Edward—sent an apology to the Princess. Princess Elizabeth served tea to a select group, and with the tea went buttered toast for, on her own statement, no tea is a tea in the proper manner without buttered toast. The court post office had to reorganize itself to handle the telegrams, letters, parcels and cards the Princess received, many of which had to be returned as custom dictates she can receive none from strangers. Ordinarily the young princess spends six hours daily at her lessons but Tuesday was free from study after trying out her miniature electric automobile gift of her parents, and her new bicycle, present from Queen Mary. She changed to riding logs and cantered in Windsor Great Park on her white pony, Peggy, accompanied by her father, Sir Albert Matthews, Mrs. George S. Henry, Mrs. W. G. Lumbers, Mr. and Mrs. Arthur Lismer, Mr. and Mrs. A. H. Robson, Major and Mrs. E. L. Junkin, Mr. Arthur Heming, Dr. A. L. Lockwood, Miss Eldred Macdonald, Miss Mabel Soakley, Mr. Henry Macdonald, Mr. and Mrs. Patterson Farmer, Mr. and Mrs. Kenneth MacLaren, Mr. and Mrs. Mauns Aitken, Miss Margaret Aitken, Mrs. W. G. Blackstock, Mrs. W. H. Gooderham, Mrs. W. R. Douglas, Mrs. Stuart, Mr. and Mrs. Monro Grier, Mrs. Edward Bayly, Miss Martha Carson, Miss Marie Gladman, Dr. and Mrs. W. E. Ogden, Mrs. Graham Thompson, Mr. and Mrs. Boris Lambour, Mr. and Mrs. A. M. Huestis, Mrs. C. E. Stone, Mr. and Mrs. William Weller, Mrs. L. A. Gurnett, Dr. and Mrs. Frank Scott, Mr. and Mrs. C. W. Jefferys, Mr. and Mrs. J. H. Braze and Mr. and Mrs. F. H. Barlow.

good recovery. Dr. McKenna met Mrs. McKenna at Borden.

King Edward walked from Buckingham Palace in the rain to the nearby offices of the Duchy of Cornwall on Tuesday with an umbrella over his head. He dodged among the pedestrians almost unnoticed.

Canada from the Yukon to Prince Edward Island was represented in Friday's gala Imperial Theatre premiere of Walter Huston in "Dhodes, the Empire Builder," says the Toronto Globe. Among those present were: Mrs. George Black, M.P., Mrs. Lionel Clark, Mrs. Agar Adamson, Sir Wyly and Lady Greer, Mrs. Duncan McArthur, Dr. John A. Pearson, Mr. and Mrs. Alex. Huston, Mr. and Mrs. J. A. McLeod, Mr. and Mrs. Horace Hunter, Mrs. H. D. Warren, Miss Van Lennip of New York, Mrs. J. E. B. McCready, Mrs. W. S. Stewart of Charlottetown, Prince Edward Island, Miss Helen McRae, Mr. and Mrs. Albert Matthews, Mrs. George S. Henry, Mrs. W. G. Lumbers, Mr. and Mrs. Arthur Lismer, Mr. and Mrs. A. H. Robson, Major and Mrs. E. L. Junkin, Mr. Arthur Heming, Dr. A. L. Lockwood, Miss Eldred Macdonald, Miss Mabel Soakley, Mr. Henry Macdonald, Mr. and Mrs. Patterson Farmer, Mr. and Mrs. Kenneth MacLaren, Mr. and Mrs. Mauns Aitken, Miss Margaret Aitken, Mrs. W. G. Blackstock, Mrs. W. H. Gooderham, Mrs. W. R. Douglas, Mrs. Stuart, Mr. and Mrs. Monro Grier, Mrs. Edward Bayly, Miss Martha Carson, Miss Marie Gladman, Dr. and Mrs. W. E. Ogden, Mrs. Graham Thompson, Mr. and Mrs. Boris Lambour, Mr. and Mrs. A. M. Huestis, Mrs. C. E. Stone, Mr. and Mrs. William Weller, Mrs. L. A. Gurnett, Dr. and Mrs. Frank Scott, Mr. and Mrs. C. W. Jefferys, Mr. and Mrs. J. H. Braze and Mr. and Mrs. F. H. Barlow.

The Governor General and Lady Tweedsmuir will be in residence at the Vice-Regal quarters, Quebec Citadel from early in June until the beginning of August, it was announced at Government House, Ottawa, this week. During that time they will make a tour of the Maritime provinces. The Vice-Regal party plan leaving about August 6 for British Columbia where His Excellency will open the Canada-Pacific exhibition on August 26.

Mrs. Reginald H. Morris who came home with her husband's remains, left Monday on return to Halifax. Deepest sympathy goes out to the family in their sudden bereavement.

Miss Margaret Jenkins of the Public Library Staff is enjoying a holiday visit in New York.

Mrs. R. C. Parent was at home at the tea hour to numerous friends on Saturday afternoon.

Social activities were generally festive this week in mention over the Moose River disaster. It might be interesting to mention that although Dr. D. E. Robertson has never visited here, his sisters living in Toronto have a wide circle of friends, made during their summer visit to McCallum's Hotel, Brackley Beach.

Miss Elizabeth MacMillan, who has been widely entertained by a host of friends previous to departure on Monday for St. John's, Newfoundland, was the guest of honor of intimate girl friends at a jolly supper bridge at the Queen Hotel on Tuesday evening.

Mrs. Ada Haslam of Springfield is visiting with her cousin, Miss Essey and her sister, Miss Carrie Haslam, Kent Street.

Miss Margaret Horne has returned from a two weeks trip to Boston and Williamsburg.

Mrs. (Dr.) Dewar is expected home tonight after a delightful trip to Western Canada, going as far as Vancouver where she met many former Island friends.

Mrs. L. B. McKenna returned last night from London, Ontario, where she was called owing to the tragic death of Mr. and Mrs. Hugh Lamont on April 10th. Her little niece, Isabelle Lamont, who was injured in the collision, is making a

These who have had a very busy time since the death of King George include the Ladies-in-Waiting to Queen Mary, Lady Cynthia Colville, Lady Deborough, Lady Elizabeth Motion, Margaret Lady Amphill, and the Hon. Jean Bruce—whether or not it was their month in waiting—have been working day in day out at Buckingham Palace, coping with the thousands of letters sent to the widowed Queen. The Hon. Jean Bruce who was recently promoted to be Lady-in-Waiting in place of Lady Bertha Dawkins, having been before the last Maid-of-Honour to the Queen, is nearly always in attendance when Her Majesty is at Balmora. When she is in London, however, Miss Bruce lives in an exquisite little Georgian house, near Knightsbridge, which has a little garden paved with flagstones that came from the kitchens of Devonshire House. Her cook makes all the traditional scones and cakes of Caedonia for tea-time guests, and Miss Bruce herself collects old recipes. She is a daughter of that well-remembered Scottish statesman and Churchman, the late Lord Balfour of Burleigh, and her mother was Lady Katherine Gordon, youngest sister of the late Marquis of Aberdeen. One of Miss Bruce's special duties is the care of Her Majesty's own branch of the Queen Mary Needlework Guild, members of which include Princess Elizabeth and the two sons of the Princess Royal. More members are needed for the Guild. There is practically no age limit to membership. Everyone is welcome from nine to ninety—the only stipulation being that each must be willing to knit and collect garments during the year for this Royal Branch.

Today's Short Wave Radio Program

- (All time is Eastern Standard)
SATURDAY, APRIL 25
Eindhoven, Netherlands
10:35 a. m. —Rythm Cocktail. P.H.I., 25.5 m., 11.73 meg.
Paris
3:30 p. m. —Theatrical audition with help of the troupe of comedians of the Comedie Francaise. F.Y.A., 25.6 m., 11.72 meg.
Genev
5:30 p. m. —League of Nations Week's Review. H.B.L., 31.2 m., 9.65 meg.
Berlin
6 p. m. —"Good Night, Mr. Pantalon. A Song Play. D.C., 49.8 m., 6.03 meg.
London
6:25 p. m. —The Football Association Cup Final. G.S.D., 25.5 m., 11.75 meg., G.S.C., 31.3 m., 9.58 meg., or G.S.A., 49.5 m., 6.05 meg.
Madrid
8:57 p. m. —Pandangos de Albalain by Conchita Maya. E.A.Q., 30.5 m., 9.87 meg.
Caracas
9:15 p. m. —The Voices of the air. Y.V.Z.R.C., 51.7 m., 5.8 meg.
Schenectady
11:30 p. m. —Dance music. W.Z.E.A.F., 31.4 m., 9.55 meg.

Dorothy Dix's Letter Box

Fathers Should Begin Acquiring the Confidence of Their Sons Early in Life if They Hope to Keep it When the Boy Grows Older

Dear Dorothy Dix—I am a boy of 18, going to college away from home. I have a fine father and mother and a brother of 20. My father has worked hard and has been fairly successful. He has been very good to us, but he has been so busy he has not had time to talk with my brother and myself about our problems. I long to confide in him, but when I try to talk to him I go dumb. I can't say what I want to, and he doesn't ever seem to understand that a son might want to ask his father about many things. That makes me feel so lonesome and I have gone to bed many times with tears in my eyes because I had no one to confide in. Of course, I have my mother, but there are things a boy wants to talk over with his father that he can't talk over with his mother.



Now I want to talk over the girl proposition with him. He thinks I am too young to go steady with a girl, and that I should both my brother and I disagree with him on that point. My brother wants to marry a nice girl, but she is of a different religious faith from ours. What do you think of mixed marriages? How can I get close enough to my father to tell him anything I want to? This is a big order, but I hope you can help me. A CONSTANT READER.

It is a big order and I am afraid I haven't enough wisdom on my she've to fill it. To establish a confidential relationship between you and your father, some good fairy would have to put you back again in your cradle and give him another chance at being your intimate friend as well as your parent.

I doubt if children ever really get to know their fathers well enough to talk freely to them unless they begin their acquaintanceship when they are babes. It is the fathers who play horse with their children; who teach them to walk when they are little toddlers; who take them to the circus and tell them bedtime stories; who take them on fishing expeditions and who pal up with them to whom an adolescent boy can go with his problems and open up his heart.

If the father has never chummed up with his boy in childhood, a wall of reserve that neither can break down is built up between them. This is a great misfortune to both, for the father is nearly always more anxious for the boy's confidence than the boy is to give it, but he is paralyzed when it comes to approaching the boy as the boy is when he tries to make advances to him.

There are few things more tragical than the fact that so many men work so hard trying to make money with which to give their children every luxury that they have no time in which to give them the best gift of all and the most important to them, and that is THEMSELVES.

It is literally true that there are thousands of children whose only speaking acquaintance with their fathers consists in asking for something. They have never sat down and had a talk with their father in their lives. They have no idea of what Father thinks about anything on earth. He is just a machine that grinds out dollars for them. It would amaze them beyond measure if they were told that Father was heart-hungry for their love; that he would be pleased to death if they would show him the slightest sign of affection; that they would feel more honored if Johnny and Susie would give him their confidence than he would with an audience with the President. No doubt your father feels that this way about you. I urge you to take your courage in both hands and tell him just exactly what you have written me. I'll bet that he will meet you more than halfway, and, after you have broken the ice, you will find that he is the most sympathetic and understanding person in the world to you.

His advice to you and your brother about girls is the very essence of wisdom. At 18 you are too young to know what real love is. It is just a passing fancy that you will get over and you will be so glad if you are not messed up in any entangling alliance. Mixed marriages are rarely successful. There are plenty of things to quarrel over in marriage without injecting the religious motive. Better take Father's advice on that point, too. DOROTHY DIX.

(Continued on Page 6)

BOOKS, ART, MUSIC

(By F. R. H.)

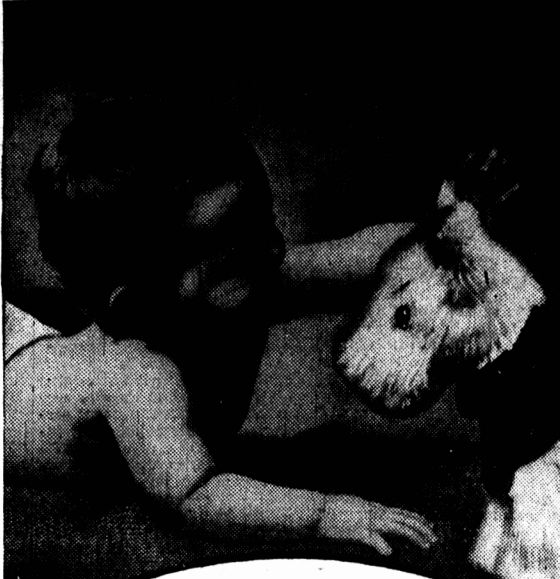
The exhibition now showing at the Harris Gallery is of paintings by artists of the Maritime Provinces and the added attraction of an exhibition of the work of some of the members of the Prince Edward Island Art Society is at the opposite end of the gallery.

This Maritime Exhibition, the last that the Prince Edward Island Society will bring to Charlottetown this season, is a particularly interesting one, adequately illustrating the various schools of thought now at work in Maritime art. Two talented local artists are represented, Mrs. Mabel McCulloch Gass, by her beautiful oil painting "Fishing Fleet, Grand Etang, C.B., and Mrs. Frieda I. Creelman by a charming water-colour study "Sunlight on Cottage" painted at York Point, P.E.I. Mrs. Creelman has studied under Miss Elizabeth Nutt whose oil painting of George St. Halifax, is in the present exhibition.

Miss Nutt is the principal of the Nova Scotia College of Art, Halifax, where she is known as an inspiring teacher. She has great ability as a lecturer as well and genius in realizing and appreciating the spirit of a people or a place. She has done much to raise art to a higher level in the Maritime Provinces.

Elizabeth Styring Nutt was born on the Isle of Man and studied art at Sheffield, and in France and Italy. She has travelled extensively, coming to Canada in 1918. She has the degrees F.S.A.M., A.M.C., Sheffield, England, and A.R.C.A. Canada. She is the author of a book on the teaching of art, called "Significance" which was one among a number of books chosen by Queen Mary as a gift to a girl's school in England.

Another English artist, who has a painting in the Exhibition, one who has also adopted the Maritimes, is Stanley Royle, R.B.A., A.R.W.A. His paintings are well known throughout England, many having been hung in permanent collections; and such of his paintings as "Evening Light," "Twilight Frost, N.S.," and "Morning Light, Peggy's Cove," have delighted Canadians.



A baby problem every mother faces

THERE are times when even the healthiest baby's system becomes sluggish... clogged.

Even the taste of CASTORIA is made especially for children. They are not afraid to take it. And you should be glad that they aren't.

The problem is what laxative is best to start the little tot functioning normally again. Is a grown-up laxative safe enough for him? Doctors advise against it. They say a laxative made for a grown-up can be too harsh for a child's delicate system. It can cause griping, cramping pain.

For the revolution a child feels when forced to take a nasty-tasting laxative can throw his entire system out of order—and do more harm than good.

So stay on the safe side and get CASTORIA today. Every drug store sells it. If you're thrifty you'll ask for the Family-Size. It lasts longer—saves you money.

CASTORIA The Children's Laxative from babyhood to 11 years

CASTORIA will not act in a strong, "adult" way. There isn't a single irritating ingredient in it. No harsh, purging drugs. No narcotics.

That's why doctors recommend the laxative made especially AND ONLY for children—CASTORIA.

CASTORIA will not act in a strong, "adult" way. There isn't a single irritating ingredient in it. No harsh, purging drugs. No narcotics.

reducing it to a miniature, one and a half inches by three quarters of an inch, for the tiny house. Professor Royle is now director of the Mount Allison Art Gallery and College of Art and has just completed the supervision of the entire redecoration of Charles Fawcett Memorial Hall, Sackville.

In the new decorations lighter tones are replacing the dark reds, browns and gilt which were the vogue thirty years ago, and Professor Royle has silver metal, deep cream and black with notes of dull rose and turquoise blue. Curtains repeating the colour notes of the scheme have been made in the weaving department of the College of Art, under the direction of Miss Ruth Miller of Charlottetown. Two mural decorations, containing life-size figures, to be placed on either side of the organ, are to be designed and painted by the senior students of the Art Department next year.

The decoration with the exception of the mural paintings, was completed in time for the first performance of the well-known Gilbert and Sullivan oper "Pinafore" on April 24th. "Pinafore" was

directed by Professor H. S. Hamer who, with ever changing material, year by year manages to achieve very splendid operatic productions.

After a careful examination, the doctor inquired: "How long have you been going about like this?"

"Two weeks."

"Why, man, your ankle is broken! How you managed to get around is a marvel. Why didn't you come to me at first?"

"Well, doctor, every time I say something is wrong with my wife declares I'll have to stop smoking."

"Exactly."

Sam—"What am you doing now?" Bo—"I'm an exporter!" Sam—"An exporter!" Bo—"Yep, the Sleeping Car Department just fired me."

directed by Professor H. S. Hamer who, with ever changing material, year by year manages to achieve very splendid operatic productions.

Spring Fashions For Home Dress-Making

Every line has been well thought out to slenderize the figure without a tell-tale in this charming and simple day dress.

Easy to make! Note the tricky cut of the simple-to-sew cape-like sleeves. They were plain aqua-blue in the original model. The frock itself was carried out in aqua-blue and navy print crepe.

For summer wardrobe, you'll find no end of fascinating fabrics for its development. In white or pastel tub silk, it is very smart and useful for all sorts of afternoon affairs.

For ordinary day wear, gray linen is an excellent choice. Wine-red cotton printed in white dots is another idea you'll like.

Style No. 736 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust. Size 36 requires 3 yards of 38-inch material with 1/2 yard of 39-inch contrasting material.

Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

No. 736. Size Name Street Address City State

TO CLEAN FAUCETS To clean brass faucets dip a piece of flannel in vinegar and rub well. In case they are greasy, wash them with soap suds first. For nickel faucets merely wash and dry carefully.



Work is easier... play more fun and life doubly desirable when we are well. And it's an actual fact that the blood of every people is a deeper red, due to its richness in iron. The blood of rundown persons is paler; often dangerously low in iron. That's the reason why so many people are languid, always tired, nervous and irritable. The blood stream is thin and impoverished. If you are one of these rundown persons, take Dr. Williams' Pink Pills to increase the iron in your blood. This remedy contains a form of iron which your system readily assimilates. As you take it day by day, your blood becomes richer in iron and redder in color. You grow stronger, healthier, and more energetic.

RED-BLOODED PEOPLE GET THE MOST FUN OUT OF LIFE. Dr. Williams' Pink Pills for Pale People.

A Law Every Mother Should Know and Observe. Never Give Your Child An Unknown Remedy without Asking Your Doctor First. PHILLIPS' Milk of Magnesia.